

Rule of Two Guidelines

The Rule of Two Guidelines serve to protect **minor** athletes in potentially vulnerable situations, as well as the quality coaches working in our communities, by ensuring that there will always be **two screened and NCCP trained or certified coaches** with an athlete when in a potentially vulnerable situation. Should there be a circumstance where a second screened and NCCP trained or certified coach is not available, a screened volunteer, parent, or adult can be recruited.

This means that any one-on-one interaction between a coach and an athlete should take place within earshot and view of the second coach, with the exception of medical emergencies.

One of the coaches should also be of the same gender as the athlete.

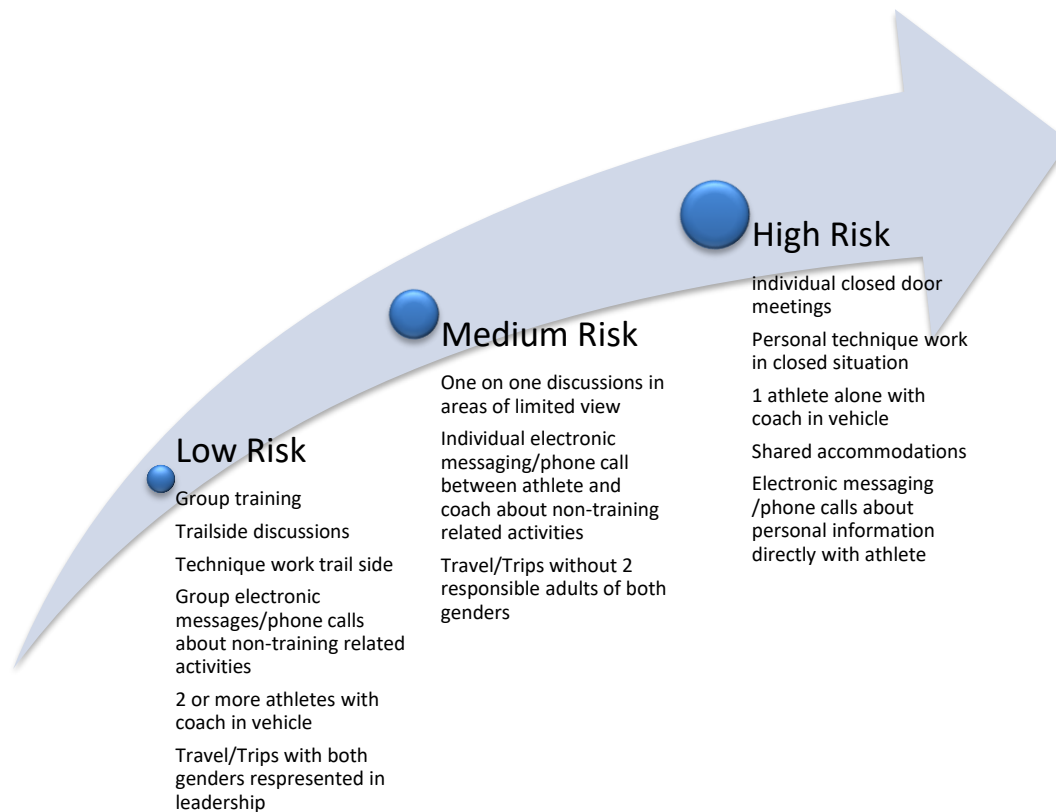
This rule serves to protect minor athletes in potentially vulnerable situations by ensuring that more than one adult is present.

Examples of potential situations (should not be considered a full list)

- Private meetings
- Travel environments including accommodations, meals, and travel to/from competitions
- Training environments where coach and athlete are alone
- Private electronic messaging

Examples of acceptable situations:

- Group practices where multiple athletes are present
- Travel environments where multiple athletes are in the vehicle
- Training environments in public areas and parks



Best practices:

- Ensure coaches and volunteers do not invite or have an athlete(s) in the home without the permission of the athlete's parent (or legal guardian)
- As a coach, identify situations that may put you or your athletes in a vulnerable situation and consider ways to avoid or alter the environment.
- Use electronic messaging in a way that reflects the same values as you would expect to show in a public place. Use messaging systems that can be reviewed reliably afterwards rather than messaging systems designed for ephemeral messaging.
- Ensure athletes do not ride in a coach/volunteer's vehicle without another adult or athlete present unless prior parental written permission is obtained
- Travel or private meetings where there is more than one adult present, one coach/volunteer should reflect the genders of the athletes participating or be of an appropriate identity in relation to the athlete(s)*.
- During overnight travel, group athletes by gender and age
- When only one athlete and coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy" club/coach/volunteer to associate with during the competition and away from the venue

* Organizations are encouraged to ensure that those individuals in supervisory roles are appropriate for, and acceptable to, the individual athlete. Further information on creating a safe and inclusive environment can be found at <http://cces.ca/gender-inclusivity>